

# SPELTHORNE GYMNASTICS

## Club Champs - Floor

Year 5&6

*Present*

Handstand forward roll (2s)

Arabesque / Y balance (3s)

Tip toes, cartwheel to star

Tucked headstand (3s)

Straddle stand, turn and stretch (3s)

Forward roll

Jump half turn

Backward roll to front support (3s)

Lower to arch, dish, rock to stand (3s)

Back walkover (variation)

Full turn jump

Slide to splits (3s)

Round to pike, lumber fold (3s)

Rock to shoulder stand (3s)

Stretch

*Present*